



A greeting from the WARR Organising Committee Chairman, Mr Dave O'Connor.

Thus Maith, leath na h-oibre ...“A good start is half the work” as we say here in Ireland! I hope this newsletter finds you, your family and friends well and looking forward to WARR in Dublin!!



Things are ramping up fast here where myself and the organising committee are working around the clock on your behalf to make this a WARR to remember. I would like to thank the committee of Declan Doherty, Rory Downey, Jim McEvoy, Chris Noonan and Karl O'Reilly and a host of others too numerous to mention, who are working away behind the scenes to pull this WARR together.

I would also like to thank all our sponsors without whose help, it would not be possible to stage this event. Please have a look at our website for a list of all our sponsors.

We are delighted to say that registrations for the races have exceeded expectations and we are looking forward to a great race around the historic and picturesque St Anne's Park. Bookings for the Gala Dinner are approaching the maximum number permitted for the venue. If you haven't made your booking yet please do so as soon as possible to avoid being disappointed.

Time to go and time to get ready to greet you all as you arrive for the Dublin WARR 2104.

Dave

How you can join in

WARR is open to all airline staff and their friends and relatives. To join in:

1. Register for the event at: <http://www.active.com/raheny-dublin/running/warr-2014>
2. Reserve your hotel at discount rates—visit <http://warr.roomex.com>
3. Plan your journey to Dublin—check the www.dublinirelandairlinesrace.com website for discount flights on Aer Lingus.
4. Tell your airline Team Captain—listed on the www.worldairlineroadrace.org website. No Team Captain? Nominate yourself!

Getting Around is Easy!! From the Airport to the city centre:

TAXI: Taxi fare from the airport to the City Centre Hotels should be between €20-€25.

COACH: Take the big blue bus to various locations in the City Centre with AIRCOACH who have offered WARRIORS the Airline staff discount. Produce your Airline ID, receive a one way fare of €3, ask the driver to tell you when they get to the bus stop closest to your hotel and then sit back and relax. Stops within 5 minutes walk to the host hotels.



AIRLINK 747: Airport Bus Service to the city central bus station, Busaras. This is good value ONLY if you purchase a LEAP VISITOR Card. This bus stops in one city centre location which is a 15-20 minute walk to the host hotels.

What is it? T Shirt Swap Party at Dublin Castle on Friday 3rd October

This is a traditional WARR event. The focus is on the result of the team T-shirt competition. Each team is invited to bring with them a specially crafted team T Shirt being representative of the current WARR and also featuring their airline name and/or logo. These are judged by a panel of non-partisan non-airline judges and the result is announced during the evening party with the winning entry receiving the first award of the WARR weekend.

Whilst the result of the T Shirt competition is the focus the main point of the evening is to mingle with and meet the members of other airlines and exchange T Shirts over a drink or several. This year the event will be held in the vicinity of Dublin Castle and the great news is that we are not racing the next day - so you'll have an extra 24 hours to recover from the party!



Planned Schedule

Wed 1st October

Arrival - Hotel WARR rates start

Thurs 2nd Oct

Registration in Dublin Castle to 16:00
WARR opening ceremony and meet and greet in Trinity College

Friday 3rd Oct

Registration in Dublin Castle to 16:00.
18:00: T-shirt swap party at the Print Room in Dublin Castle

Sat 4th Oct - Free day

Registration in Dublin Castle 10:00 to 13:00
Team Captains meeting, TBA

Sun 5th Oct am

Buses from centre to St Anne's Park,
10:00 - 10k race,
11:15 - 5k race

Sun 5th Oct pm

18:00 - Gala sit down dinner in The Double Tree Hilton in Ballsbridge with awards, dinner, Irish Entertainment, 80's Tribute Band and disco

Mon 6th Oct

Return home after a great and memorable WARR weekend...
...or continue your tour of Ireland

Let us entertain you!

If you are looking to be entertained in Dublin, then check out our "one stop shop" for everything entertainment www.entertainment.ie

Based in Dublin City Centre, the website provides the latest news and reviews of the latest programs and films for TV and Cinema. It provides information on upcoming comedy, festivals and theatre shows and gigs in Ireland. It also provides the latest celebrity news and gossip from around the world.



Too Much to Do!

Here are a few links to our top tourist websites, to help you decide what "To Do" during your stay in Dublin.....

- www.visitdublin.com
 - www.touristofficedublin.com
 - www.dublinvisitorcentre.com
 - www.dublin.ie
 - www.hidden-dublin.com
- and my own personal favourite
www.secretdublin.ie



All the world's a stage but Dublin more so than most!!!

The city of O'Casey and Synge has a noble theatrical tradition and a thriving theatre scene, which you can experience during the thrilling Dublin Theatre Festival. Take in a performance at the world class Abbey or Gate. This year's Dublin Theatre Festival showcases 18 days of world-class theatre from Ireland and abroad between the 25th of September and the 12th of October. The following will be playing during WARR (01-05Oct):

The Mariner (Sept 25 – Oct 11) The Gate Theatre present the world premiere of Hugo Hamilton's newest play about a sailor returned home from the First World War.

Our Few and Evil Days (Sept 26 – Oct 11) The Abbey Theatre present the world premiere of Mark O'Rowe's chilling story about a family and the limits of human devotion.

Brigit & Bailegangaire (Oct 1 – 5) Druid present Tom Murphy's celebrated play "Bailegangaire," alongside a brand new sister work, Brigit, in an anticipated double-bill.

Ganesh Versus the Third Reich (Oct 1 – 4) Back to Back Theatre return to the festival as part of Australian Season, with this poignant, disarming and heart-warming tale.

Hello my name is (Sept 30 – Oct 5) Part of Australian Season, Nicola Gunn undertakes a mission to change the world in this lively, fun and interactive performance.

Vardo (Sept 23 – Oct 12) ANU Productions' award-winning Monto Cycle concludes with this boundary pushing exploration of Dublin's north inner city.

Spinning (Oct 1 – Oct 12) **Fishamble**, the New Play Company presents a gripping new drama by Deirdre Kinahan about what it takes to forgive the unforgivable.



A Girl is a Half-formed Thing (Sept 25 – Oct 5) Eimear McBride's award-winning novel is adapted for the stage by Annie Ryan in a much anticipated production from The Corn Exchange.

The Seagull & Other Birds (Sept 25 – Oct 5) From Pan Pan Theatre comes this roller coaster reimagining of Anton Chekhov's much-loved comic masterpiece.

What happens to the hope at the end of the evening (Oct 2 – 4) Tim Crouch and Andy Smith discover the possibility of theatre as a place for community and change in this spirited new work.

Adishatz / Adieu (Oct 1 – 4) Jonathan Capdevielle performs a self-portrait through song, inspired by Madonna, Rihanna and Francis Cabrel, backed by a live male choir.

Frequency 783 (Oct 1 – 5) Brokentalkers' new work examines perspectives on health, ageing and the future from the point of view of two very different generations.



After Sarah Miles (Sept 26 – Oct 11) Don Wycherley gives a towering performance as Fisherman Bobeen in this acclaimed play by Michael Hilliard Mulcahy.

All the details from the festival website www.dublintheatrefestival.com and the full festival brochure can be downloaded via the following link: https://www.dublintheatrefestival.com/ArticleMedia/Files/DTF_Brochure_2014_FINAL_web_2.pdf

To Guinness or not to Guinness – That is the question!



We all know about Guinness, that popular Irish dry stout that originated in the brewery of Arthur Guinness (1725–1803) at St. James's Gate, Dublin. It's one of the most successful beer brands worldwide and is brewed in almost 60 countries and is available in over 120. Annual sales total 850 million litres (1.8 billion US pints). To be fair, no visit to Dublin is complete without a sample (or two or three) of this famous brew.

Once you have a pint of "The Black Struff" why not consider trying one of the hundreds of Irish Craft Beers that have risen in popularity here over the past 10 years.

Why not try Rascal, N17, Kinnegar, Metalman, Hilden, Galway Hooker, Carlow, Trouble, Mountain Man or a Chocolate Truffle Stout? - All craft beers brewed here in Ireland.

For more information, check out www.beoir.org an independent group of consumers with a primary goal of supporting and raising awareness of Ireland's native independent microbreweries.



On the next page are details of five of the craft beer pubs - try these or find others during your stay.

AGAINST THE GRAIN 11 Wexford St, Dublin.

Against the Grain was the first pub opened by The Cottage Group (Galway Bay Brewery) in Dublin in 2010. Galway Bay's head brewer Chris is only 23 and has shown some serious talent with beers like "Of Foam and Fury" which, according to anyone who knows anything about craft beer, is the best craft beer ever made in Ireland.

Against the Grain is great because it often gets rare special beers that are not available anywhere else in Ireland.

57 THE HEADLINE 57 Clanbrassil Street Lower, Dublin 8

This pub is quite new, near Harold's Cross. Here they're all about having tons of Irish craft beers on draught and using Irish produce. There are lots of nooks and crannies in this place, besides the usual tables there are couches and comfy chairs to relax in with your papers and pint on a Sunday. They are planning to get their kitchen up and running soon. In the meantime they are doing "Pie and Pint" deals and amazing cheese boards!

PORTERHOUSE TEMPLE BAR 16-18 Parliament Street, Dublin 2.

Porterhouse opened as a brew pub in 1996 and was the first craft beer pub in Dublin by many years. They used to brew their beer on site, and parts of the brewing equipment can still be seen in the pub today. Porterhouse is the best craft beer pub to bring visitors to. They love the hundreds of beer bottles from all over the world that the place is decorated with, the live music played on a stage in the centre



of the building, and the traditional Irish food available such as stew, bacon & cabbage and fish & chips.

THE BREW DOCK 1 Amiens Street, Dublin 1.

This place has the nicest staff on the entire planet. Everyone is friendly, sound, welcoming and enthusiastic about craft beer. They make people feel at home and are happy to answer any questions about the beers on offer and to give you samples of the draught beers to help you make up your mind. Another huge plus are the transport links: This place is literally on the platform of the Busaras Luas stop, right beside Busaras, across the road from Connolly Station, and 10 seconds from lots of Dublin Bus stops. No one has an excuse NOT to give this place a try.

J.W. SWEETMAN 1-2 Burgh Quay, Dublin 2.

Formerly known as Messrs Maguire, this place is great because they brew their own beer on the premises. You can book tours of the brewery and learn about how they make the beers, or a "Brewmaster's Dinner" to see how their beers pair up with food. They often do seasonal specials and their whole range is extremely good quality. The place is huge, there are 3 floors and there are great spaces available for reservations upstairs where you have amazing views of the Liffey, O'Connell Bridge, Spire, and O'Connell Street. Another thing is that unlike most other craft beer bars, they also sell non-craft beers, and they open late. What more could you ask for?

How to date an Irish woman - A guide for foreign lads by Molly Muldoon

Irish women are a force to be reckoned with. We have evolved through the decades into an independent, intelligent and ambitious group. However, our rules of engagement can differ from norms here in the United States. So, best to school yourself in our ways, means, and desires before attempting to woo a lovely Irish girl.

Here are a few guidelines.

1. The Emerald Isle...Google it!

Ireland is a small island on the cusp of Europe. No, we don't live in the dark ages, and yes, we have electricity, the Internet and sushi.

If you are going to impress an Irish girl then you need to have a scant knowledge of European geography. Before complimenting us on how well we speak English, take into account that it is in fact our first language.

Perhaps you have not been lucky enough to travel to Ireland, or venture to Europe. However one should express a desire to visit our green pastures.

2. Irish heritage

Of course you're Irish! Aren't we all.

If you insist on telling the world that you have Irish heritage, then please do your homework. It is not OK to claim lineage and then fail to point out which county your ancestors hailed from. Even a guess is better than "Umm I think somewhere in the South."

If you are tempted to lie about your lineage then throw some Mediterranean countries into the mix also. Maybe you're half Italian/Sicilian.

3. Date settings

Where do you bring an Irish lady on a date?

For a first date, the movies are out of the running. We like to talk. We are a nation of talkers, loquacious to the core. So, best to bring the lady somewhere you can have some good banter. Dinner, drinks, maybe even a walk in the park.

Be imaginative. Use your extended knowledge of your home country to your advantage here.

All in all, we are not that complicated. We like good banter and a beer. Try not to mention the fact that you still live with your parents and that you don't know how much your car loan repayments are, because your parents pay them. You need to come across as the stereotypical American man of strength and courage. Just keep these helpful hints in mind and the Irish ladies should be lapping it up!!!!

4. Terms of endearment

Try, where possible, to remain endearing without over use of nauseating terms such as honey, sweetie, baby, etc. You are just getting to know each other, and chances are you don't even know each others last names. No need for over-the-top labels.

Generally, Irish women are not very good at taking compliments so go easy on the charm. There should be subtlety involved. If you tell an Irish girl she is beautiful, sexy etc. she is not going to know where to look. Instead, offer mild flattery such as "Your eyes are very pretty." Our pale skin and freckles are a somewhat touchy subject, especially when we are constantly surrounded by American bronzed goddesses. Do not point out the fact that even though it's the height of summer we still look as white as a ghost.

5. Drinking habits

If by chance there is alcohol involved, take it easy on the gargle. You are not going to impress an Irish girl by getting rat-arsed. Chances are we can and will drink you under the table. So before disaster, admit defeat and take it one drink at a time. In Ireland, light beer is seen as a woman's drink so perhaps don't order a Bud Light!

6. Be chivalrous

Work that American charm that you're famous for. Hold open doors, offer to pay for drinks/dinner. Irish men are known for many things, but American men definitely trump them in terms of chivalry. So put all those good habits your mother taught you to work.

7. Some final don'ts

Do not mention Riverdance, the IRA, or Bono. These topics of conversation will not whip your date into a verbal frenzy. Try to avoid religion and politics also. We are very feisty by nature so it's not a good idea to get us fired up at this early stage.



Getting Around is Easy!! Getting Around the greater Dublin area:



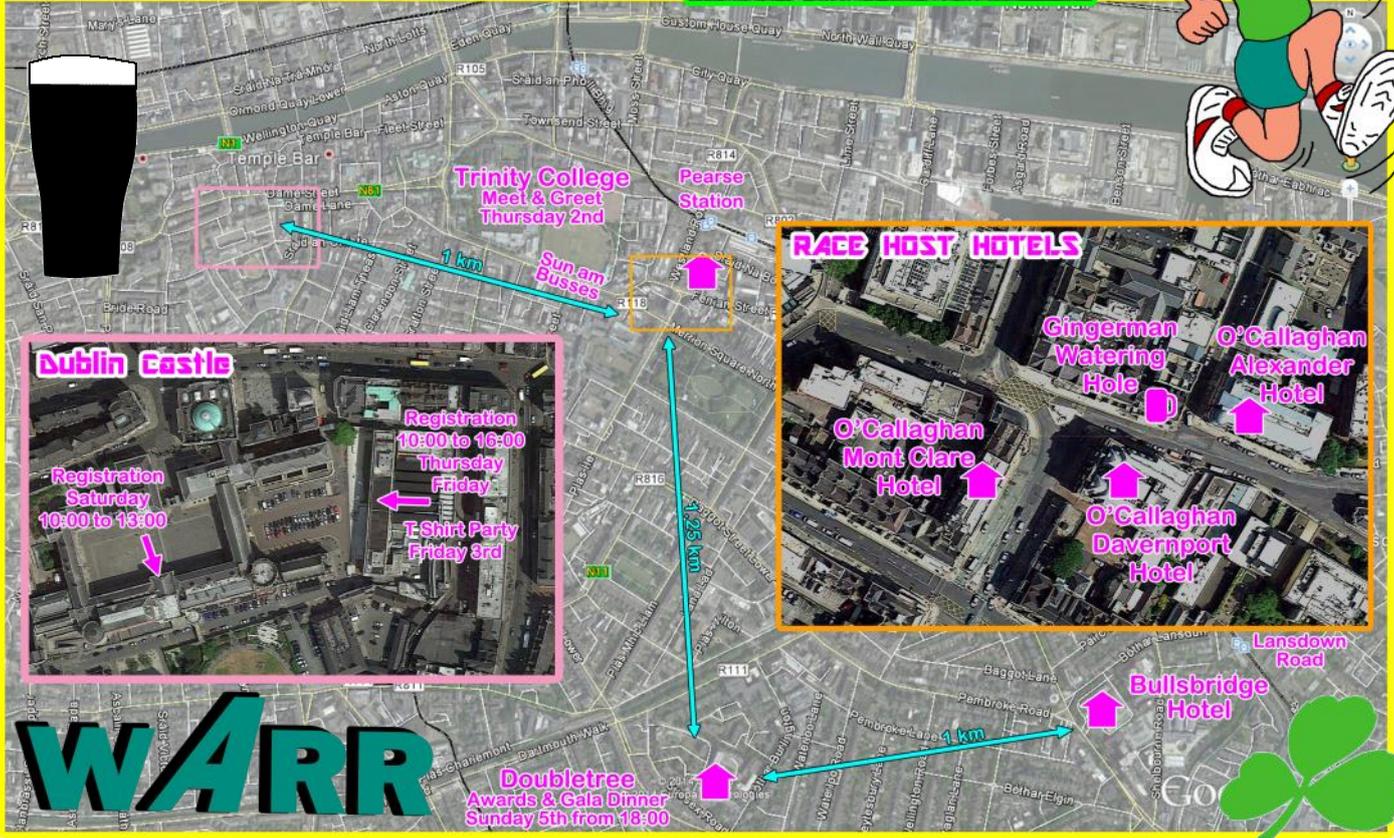
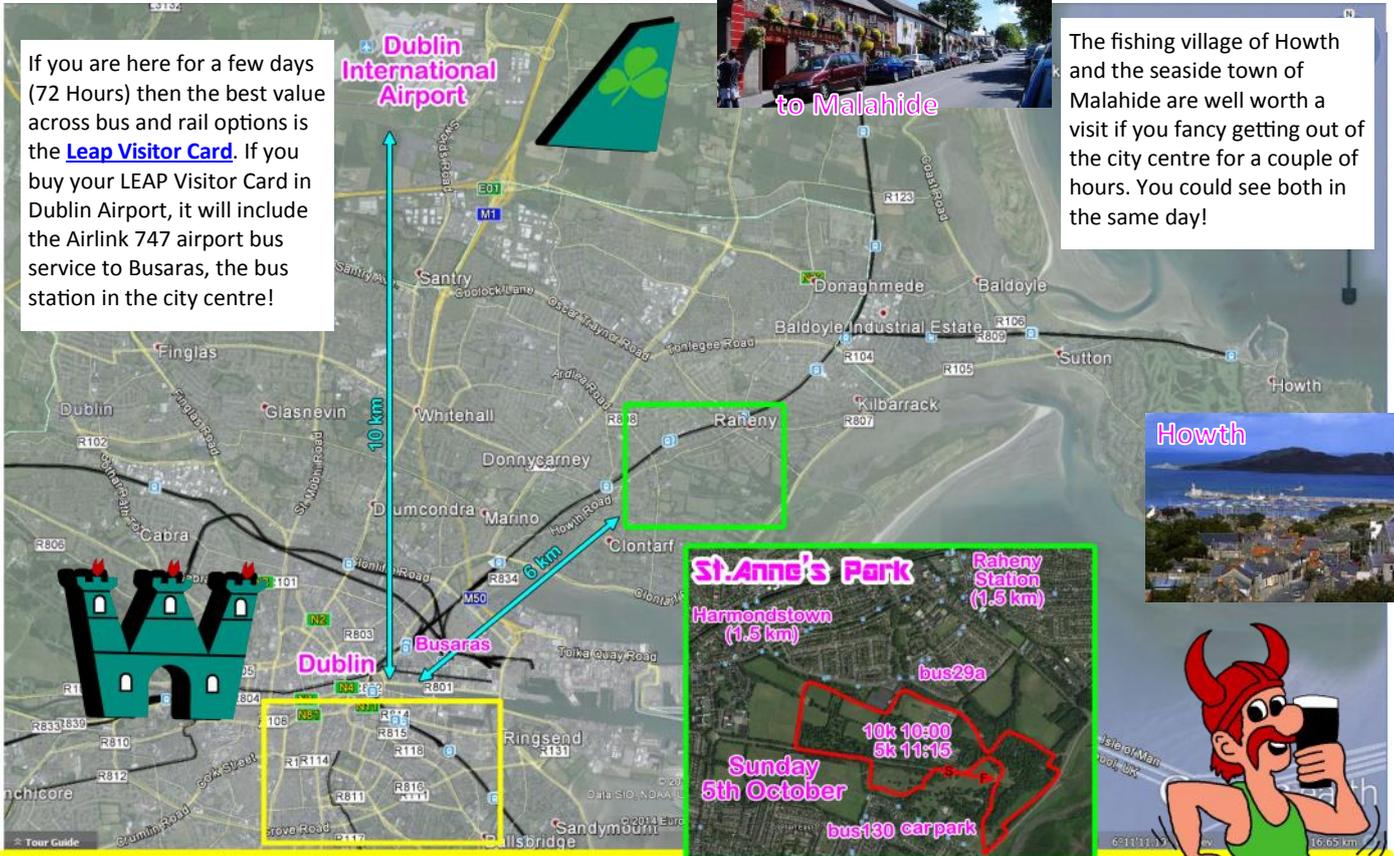
- 1) Jump on our coastal train to discover the beautiful towns and villages dotted along the coast. The Dublin Area Rapid Transit is known to locals simply as "The DART". Check out the "DART STATION TIMETABLES" on the following link <http://www.irishrail.ie/timetables/timetable-pdfs>.
- 2) Use the Dublin Bus network to travel the city and suburbs. REMEMBER if you are paying cash, Dublin Bus will only accept the exact change in coins (www.dublinbus.ie).
- 3) There's the **LUAS** tram system to get you out to the suburbs too !



If you are here for a few days (72 Hours) then the best value across bus and rail options is the **Leap Visitor Card**. If you buy your LEAP Visitor Card in Dublin Airport, it will include the Airlink 747 airport bus service to Busaras, the bus station in the city centre!



The fishing village of Howth and the seaside town of Malahide are well worth a visit if you fancy getting out of the city centre for a couple of hours. You could see both in the same day!



COME FOR THE CRAIC...LEAVE WITH THE MEMORIES